



Reflective Exercise: Building Relationships with Families

Think about an infant or toddler in your care. Take a moment to identify the important relationships in his or her life.

- ◆ Who are the important people in the life of this infant or toddler? How does he or she benefit from each of these relationships? How can you tell?
- ◆ Think of some specific ways that you, as the child's caregiver, support these important relationships.

Ask yourself the following:

- ◆ How can I be more welcoming to the child's family members so they feel comfortable sharing information about their child with me?
- ◆ How can I communicate more frequently to the child's family members about the things their child does while in my care?
- ◆ How can I sensitively share about children's growth and their developmentally appropriate struggles?
- ◆ How can I ask for more information about the child's life outside of school?
- ◆ How can I learn more about the family's culture, traditions, and home language so that I can reinforce the important connections between the child and his or her family?
- ◆ How can I learn about how the family engages in caregiving routines with the child (for example, feeding, diapering, and sleeping routines)?
- ◆ How can I learn about the family members' goals for their child so that I can plan experiences that support those goals while their child is in my care?
- ◆ How can I model warm, responsive caregiving with this child and his or her family?
- ◆ How am I supporting positive parent-child interactions?

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State Capacity Building Center, A Service of the Office of Child Care

9300 Lee Highway
Fairfax, VA 22031

Phone: 877-296-2401

Email: CapacityBuildingCenter@ecetta.info

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